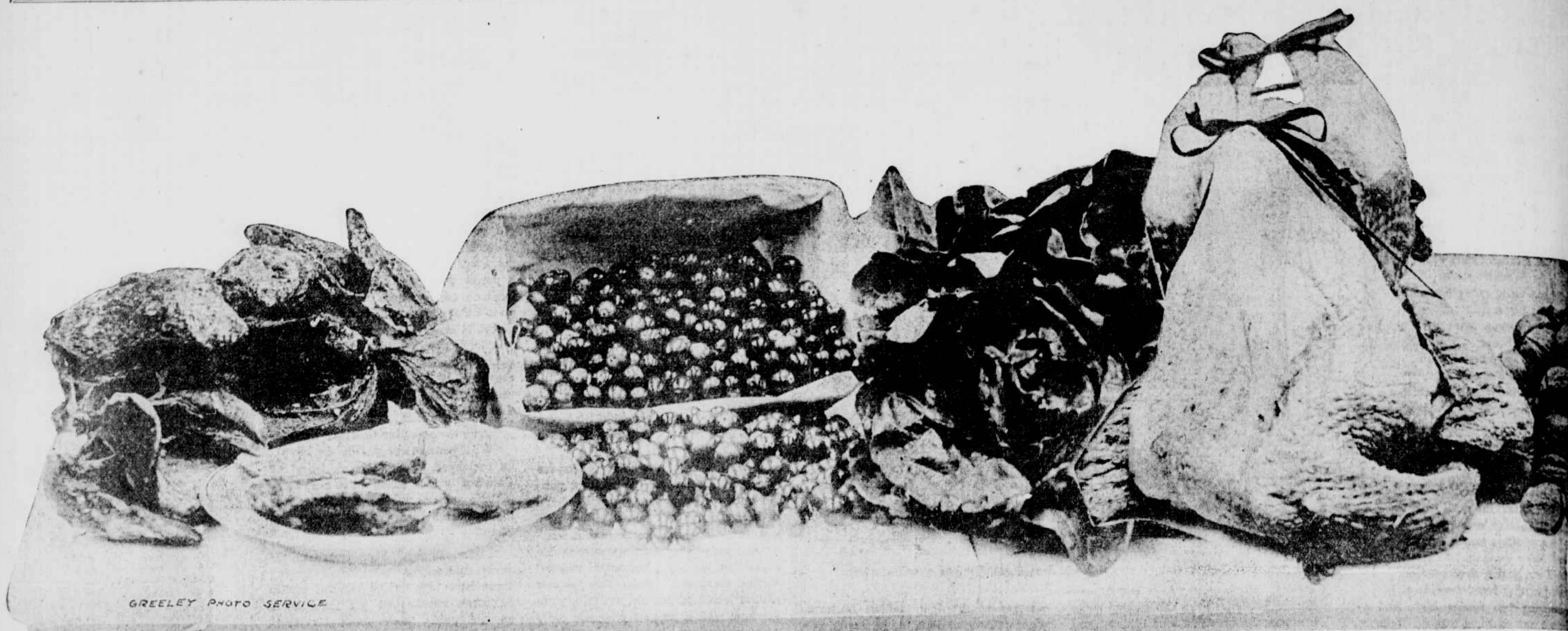


FROM SOUP TO NUTS ON CHRISTMAS DAY



GREELEY PHOTO SERVICE

Varied Tastes Are Here Accounted For, From the Vegetarian's To the Dietitian's

By Sarah Addington.

"WHAT are you going to have for your Christmas dinner, Emma?"

"Oh, turkey, and—"

Yes, "turkey and"—is the traditional theme and everybody plays it, piping away year after year the eternal menu melody. But there are variations to be obtained, embellishments and adornments. So we started out on a house to house canvass of eating and cooking experts who might make pertinent suggestions regarding an interesting Christmas dinner. We began by writing to Dr. Harvey Wiley for a pure food dinner. His reply came as follows:

"I take pleasure in contributing my idea of a menu for a Christmas dinner. It has at least the merit of simplicity. I feel strongly that this year every person who sits down to a Christmas dinner which he is able to buy himself should devote an equal sum to securing a Christmas dinner for somebody else. This is the best sauce I can recommend to make the dinner taste good. I hope that you will print this suggestion in connection with the menu which I inclose."

So we do print it, with our thanks.

From this simple meal and wise precept we tripped up to the Ritz-Carlton to glean from its celebrated chef his ideas of a Christmas dinner. He received us, after four hours of waiting, in a little office all his own, and proceeded to write down the things that he thought would make up the ideal menu. He wrote and wrote, his face frowning thoughtfully and smiling delightedly all at once. He was asked timidly whether the dinner would cost much.

"Oh, non, mademoiselle. Only about \$25 a plate."

But he was finally persuaded to scrimp and scrape one together that would cost only \$50 for six people.

"Such a plain little meal, mademoiselle," he deprecated.

"Plain," when it fairly made your eyes burst to look at the line upon line of French names of his millionaire food!

But poor people must eat, too, so we hunted for a Christmas feast for them. Commander Booth supplied one, very similar to the basket of dinner which the Salvation Army sends out to their poor. But you might get along on this dinner, even if you aren't so very poor, for it's all over by 4 o'clock Christmas afternoon anyhow, and you could use the money for next year's Christmas presents.

One feels rather conscious about entering the office of the editor of "The Physical Culture Magazine," conscious that the complexion is not as blooming and the step as flexible as perfect health would indicate. And then, too, you wonder what sort of people they are who eat grass and cheese and nuts. We entered in these moods, and Mr. John Brennan, ye editor, jumped to his feet. We were sure he had had a two-inch beefsteak for luncheon; nothing else could ever make a man that agile.

"Oh, yes," says he, "I'm sure I can give you a 'characteristic' menu, and I can even make it a sensible one." Which really was not to be expected right off the bat like that.

Right here is where we interpolate a word concerning the efficiency of the household science department of Pratt Institute. With some slight experience we have found that schools are not particularly swift about giving out material, and some people say that women are not always prompt and businesslike. But Pratt Institute and those women over there are everything a reporter could desire. They simply did a little telephoning, a little consulting with each other and, lo, the menu was handed over, cost list, photograph and all.

The six menus are given herewith, the accompanying price lists and the recipes for any unfamiliar dish. Even M. Diat handed over

his recipes, albeit resignedly and with humiliation that they are thus to become common property.

For \$50 Dinner

CŒUR SENSIBLE AUX FRAISES.

(Iced Heart Sensible with Strawberries.)
Mix fifteen yolks of eggs and half a pound of powdered sugar; whip well in a large copper basin over a slow fire; when the mixture is warm and consequently has thickened and hardened a little take the basin away from the fire and place it on ice and keep on whipping until the mixture is quite cold, then flavor according to taste and add one pint of whipped heavy cream. When this mixture is ready pour it in a heart-shaped soufflé mould; when this is done place the mould in freezing box until it is nice and firm; when ready to serve take the iced soufflé out of the mould and place it on the dish you wish to serve it in; garnish all around with fresh strawberries, then cover the fruit with a nice sweet vanilla sauce all around.

POTATOES CHAMPS ELYSEE.

Cut some potatoes in the shape of Julienne; season with salt and pepper; when this is done cook them in a round mould, which is generally used for potatoes Anna, in sweet butter until brown and tender, then put a layer of thick cream over the potatoes; after that sprinkle some grated Parmesan cheese all over them and place under the grill to glaze.

CHAUDFROID OF PHEASANT JEANETTE.

Roast one nice pheasant, remove the whole breast; then stuff the inside with some mousse of goose liver mixed up with Rouennaise sauce; coat the bird with some brown game sauce chaudfroid; then dress the pheasant on a dish in Bellevue way and garnished with game aspic jelly all around.

FILETS OF STRIPED BASS SANDY HOOK.

Roll the filets in paupiette shape; poach with chopped shallots, sweet butter; garniture, scallops, oyster crabs and slices of lobster, wet with some fish stock; reduce and thicken the sauce with sweet butter and chopped mushrooms; pour the sauce over the filets and glaze under grill.

PLUM PUDDING.

In one cup of flour sift half a teaspoonful each of salt and of soda, one or two level teaspoonfuls mixed spice; add two cups of stale (not dried) bread crumbs, one cup finely chopped beef suet. Beat two eggs light and add with one cup of molasses to the other ingredients; then one pound of prepared fruit, which may be a mixture of raisins, currants, citron and candied lemon or orange peel. Figs and nuts may be added. Put into individual moulds and steam three hours at least. Decorate with strips of angelica and cinnamon drops in holly design. Serve with hard sauce.

Recipes for Vegetarian Dinner

BEETROOT SOUP.

Cook one and a half pounds of beetroot in one quart of salted water, to which has been added an onion and a carrot, for half an hour. Take out the onion and carrot and grate only half the beetroot through a sieve into the water in which it was cooked. Mix about a heaping tablespoonful of flour with a little milk, and add to the beetroot. Add one quart of milk; cook for ten minutes. Season to taste with butter, pepper and salt.

Menu for a Dietitian's Dinner

Prepared by Dr. Harvey S. Wiley.
(Proportions per person.)
Home-made Soup Baked Fresh Fish or Raw Oysters
Four ounces of Roast Turkey
Four ounces of Dressing Two ounces of Cranberries
Baked Potatoes (to be eaten with the skins)
Lettuce Salad, with home-made dressing*
Apples Home-made Mince Pie
Whole Wheat Brown Bread and Fresh Butter
Milk or Water, preferably to be taken after the meal

*Chopped raw onions, ground dry mustard, salt and pepper to taste, a little real vinegar and a lot of olive, cottonseed or peanut oil, and one-half of a hard-boiled egg for each person.

No wine, and no coffee except for those persons who are used to it, in which case a small cup of black coffee may be enjoyed; no cigars or cigarettes after dinner.

Note on Dr. Wiley's Menu

This menu will cost at retail prices about 35 cents a person, and 35 cents a person should be contributed toward the other person's Christmas dinner. This will be all the sauce required to make the above well balanced ration palatable, wholesome and nutritious.

Menu for \$4 Dinner

Prepared by Anna Barrows, Teachers College.

Bouillon Stuffed Apples
Roast Goose Potatoes Brussels Sprouts
Boiled Onions Nuts
Mince Pie or Plum Pudding Fruit
Raisins Coffee

Itemized Price List

Astor Market, December 7.

Bouillon	\$.10
Goose, 9 lb. at .23 a lb.	2.07
Apples for stuffing, with bread crumbs15
Potatoes16
Brussels sprouts, 1 qt.12
Onions10
Raisins, 1 pkg.25
Nuts, 1 lb., assorted28
Apples, at .01 2-3 each12
Oranges, at .24 a doz.12
Plum pudding (according to recipe)50
Coffee08
Total, about	\$4.00

Milk and Honey and Money

A Dinner for Six for \$50. Prepared by Louis Diat,

Chef of the Ritz-Carlton.
Oysters du Cape Cod Cocktail
Green Turtle a l'Anglaise
Filet of Striped Bass Sandy Hook
Baron of Baby Lamb a la Broche
New Peas a la Mint Pommes Champs Elysees
Marquise a l'ananas
Chaudfroid of Pheasant Jeannette
Capon Truffe, sauce Perigourdine
Salade Caprice (hearts of lettuce, tomatoes and Julienne celery)
New Green Asparagus, sauce Mousseline (butter sauce with whipped cream)
Cœur sensible aux Fraises de Californie
Plum Pudding de Noel aux Feux Follets
Bonbonniere Cafe
Cost, without mentioning the sordid details, about \$50. Recipes elsewhere on page.



Dr. Harvey Wiley, Director of Foods, Sanitation and Health Bureau of Good House-keeping Institute.

Miss Anna Barrows, Department of Foods and Cookery, Teachers College, Columbia University.

M. Louis Diat, le Chef de Cuisine, Ritz Carlton Hotel.

PRICE LIST FOR VEGETARIAN DINNER

(Obtained at Washington Market on December 7; will vary little with market fluctuations.)

Ripe olives, 1 lb.	\$.25
Celery, 2 bunches20
Soup25
Cranberry jelly, 1 qt.10
(Sugar must be considered.)	
Potatoes12
Turkey75 to 1.00
Brussels sprouts, 1 qt.10 to .15
Tomatoes, 2 lb.60
Apples for charlotte, 2 lb.12
Grape juice30
Fruit—Oranges, 3/4 doz.20 to .30
Apples, 3/4 doz.20
Total, about	\$3.50

Uncle Sam Recommends This Menu

WOULD you know the menu that is guaranteed by pure food experts and certified by Uncle Sam's own cooking school teachers—a dinner that is warranted to satisfy the inner man and please the outer woman—a meal that ought not to cause a hurry call for the nearest doctor, provided one does not attack it too vigorously? Here it is, a menu selected by Miss Carolyn L. Hunt, assistant in the office of Home Economics of the Department of Agriculture.

First, according to Miss Hunt, who has been experimenting in cooking for the government for many years, one ought to serve oyster soup, accompanied by crisp crackers. The soup ought not to be too thick, nor too rich; but, above all, it ought to contain some oysters.

Following the soup and covering the hiatus which cannot but precede the serving of the next course, the guests may amuse themselves by munching on celery and salted almonds, but care should be taken to exercise due moderation in this regard, for the remainder of the meal is not what one would call "light."

Next in order comes what Irvin Cobb calls "piece of least resistance," a turkey, stuffed and roasted to a Rembrandtish brown. The turkey, according to Miss Hunt and other government experts, should be less than a year old and of a weight commensurate with the number to be served. Turkeys are seldom good if they weigh under eight pounds and are apt to be tough if weighing over twenty pounds. Any weight between, however, ought to be tender and succulent. Care should be exercised not to cook the bird too long, as the continued heat absorbs the natural juices of the fowl and renders it dry and tasteless. Every family has its own pet stuffing recipe, so the government